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LOHAN
ACTRESS HEADS TO REHAB
METRO DISH {page 14}



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Natal Day. Holiday



▶ Everyone loves a parade — even this strange-looking puppet on the Natal Day parade route on Gottingen Street yesterday.

RYAN TAPLIN/METRO HALIFAX

Thousands turn out for parade

Thousands of people lined the streets of Halifax and Dartmouth to take in the 115th annual Natal Day parade. It was one of many events yesterday to celebrate the holiday. Story, page 3

European pick coming to Herd

Agent says Frk will be at Moose training camp {page 20}

How to fix student loans

On Money suggests how to ease the debt load {page 19}

Is council about to shrink?

HRM councillors to vote today on cutting three council seats ◐ Council would drop to 20 seats ◐ One proposal would have seen it drop to 18



JENNIFER TAPLIN
@METRONEWS.CA

There may be fewer seats at the table if a motion is passed at Halifax regional council today.

Council may reform jurisdictions and reduce the number of councillors to 20 from 23.

More power would be given to community councils, which would make decisions on smaller items, easing council's agenda on Tuesday nights.

"To add a few thousand residents to our districts would not change our day that significantly," said Bedford Coun. Tim Outhit.

There's no word yet as to which specific jurisdictions would be reformed.

Purcell's Cove-Armdale Coun. Linda Mosher said several residents have expressed concern about a lack of representation, especially in rural areas, if the boundaries are redrawn.

"And some people thought if we reduced the number of councillors, we would reduce costs because of fewer salaries, but it's clear that it's not a reduction because the work still needs to be done and you'd have to hire more staff," said Mosher, who supports the reduction.

Waverley-Fall River-Beaverbank Coun. Barry Dalrymple said he tried to make it 18, but that idea was shot down at the committee level.

"I have no doubt it will be a long, long drawn out discussion (today)," he said.

What it means

A drop to 20 councillors would mean:

- A reduction of one councillor in peninsular Halifax.
- The eastern portion of the region will go from six to five districts.
- Areas of Sackville, Bedford, Hammonds Plains and Tantallon would require realignment for a reduction.

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Families gather for Natal Day fun

Weather perfect for parades, fireworks and other festivities



JENNIFER TAPLIN
@METRONEWS.CA

Gladys Carter and her two cousins know how to dress for watching a parade: umbrella hats.

The three of them sat in camp chairs on Gottingen Street each wearing a different coloured hat.

"Last year a couple from Pennsylvania wanted to take our picture. They wanted to pay us," Carter said.

She added they got a few comments this year too.

While it's entertaining, the Natal Day parade through Halifax and Dartmouth could use a little work, Carter said.

"There're too many trucks. I like to see more bands and costumes maybe," she said.

Besides the rain on Thursday causing organizers to postpone the official kickoff, the weather was perfect the rest of the Natal Day weekend for taking tea with the mayor or watching the fireworks over the harbour.

Kerry Munro brought her two small children — one dressed as a ferocious pirate — to the Family Fun Day at Sullivan's Pond yesterday and says "it's just for the kids."

The park was packed with families listening to the live music, touring a fire truck and lining up for the free bouncy rides.

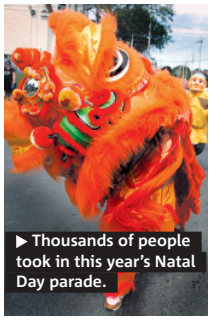
There were also a mayor's tea party, regatta, road races, a bridge walk, concerts, and a sea cadet ceremony yesterday.

RYAN TAPLIN/METRO HALIFAX



▶ Visitors to the Dartmouth Natal Day Pirate Party at Sullivan's Pond walk under a giant inflatable pirate balloon yesterday.

Parade



▶ Thousands of people took in this year's Natal Day parade.

For thousands, the big ticket was yesterday's parade, which wove through Halifax then over the bridge to Dartmouth.

- **Family fun** "It's beautiful — it couldn't be better," said Marcia Yeomans. She said she makes it to the parade every year and brings her grandchildren.
- **First timers** It was the first time for Stephanie Blane and her son, Hugo. "And this time just for him. He's two. He likes the music," she said.

1 news

News on the move

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Nose art on helicopters bought from the U.S. gets a Canadian twist in Afghanistan. Video at metronews.ca/canada

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8 temporarily homeless after fire

Firefighters are still investigating the cause of a fire on Gottingen Street that has left eight people temporarily homeless.

The fire began early yesterday morning and swept through a row of six townhouses at 2513 and 2515 Gottingen St., said Halifax Regional Fire platoon Chief Brison Wilson.

The couple living next door was alerted by a smoke detector around 4 a.m. and woke up their neighbours. All tenants and pets made it out safely.

The tenant living in the townhouse where the blaze began was away at the time, a release from the Canadian Red Cross said.

A woman was treated for minor smoke inhalation.

While at least two of the units will require extensive repairs, most of the other tenants will be able to return to their homes within the next few days, said Wilson. ALY THOMSON

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RYAN TAPLIN/METRO HALIFAX



▶ A cyclist passes a townhouse which was heavily damaged by an early morning fire yesterday.

Man robbed of change at knifepoint

Police say a man gave over four dollars in change after someone pulled out a hunting knife after the victim refused his request for money.

The robbery took place around 6:40 a.m. yesterday in the 2100 block of Gottingen Street. Police say the victim went out to smoke a cigarette when a male suspect approached him asking for change.

After giving over the money, the victim fled the scene, and entered the vehicle of a passing motorist, who drove him to Halifax Regional Police headquarters. No arrests have been made. METRO HALIFAX

Dal to host marine robot event

Dalhousie University is going to host an international workshop for unmanned robotic marine vehicles in September.

Ottawa announced Friday the university will receive $12,000 to cover the cost of hosting the event.

A news release says the workshop will gather experts from Canada and the United States in Halifax to exchange the latest technologies and best practices in operating marine robots.

The torpedo-shaped, finned vehicles usually range in size from two to four metres and are packed with sensors.

The workshop will take place on Sept. 23 and 24 and is expected to attract researchers from five universities. THE CANADIAN PRESS

Missing boaters rescued

Two Dartmouth men were rescued from the Minas basin after they were reported missing on Friday.

RCMP and the coast guard were called in when the men failed to return to their cottage in the Portaupique area.

The boaters, aged 42 and 50, had gone out in a four-metre inflatable boat but their motor died.

They were found around 11 p.m. off Economy Point and transported, uninjured, back to shore by a coast guard vessel. THE CANADIAN PRESS

City seeking artists' enclave at Khyber

3-year strategy being presented tonight to council ◗ Building requires about $1 million in repairs



ALY THOMSON
HALIFAX@METRONEWS.CA

The Khyber Building on Barrington Street could soon be an "incubator" for emerging artists.

"What HRM doesn't have right now is a place for professional artists to basically incubate and develop their careers," said Andrew Whittemore, manager of community relations and cultural affairs for the municipality.

A new staff report being presented to Halifax regional council tonight is asking for the approval of a three-year operating strategy that would introduce new programs, offer studio space and allow Halifax artists to "experience, produce and perform" at the downtown Halifax location, said Whittemore.

"Anything we can do to foster that (cultural plan) and keep our artists in Halifax is a benefit to the city overall."
ANDREW WHITTEMORE, MANAGER OF COMMUNITY RELATIONS AND CULTURAL AFFAIRS FOR HRM

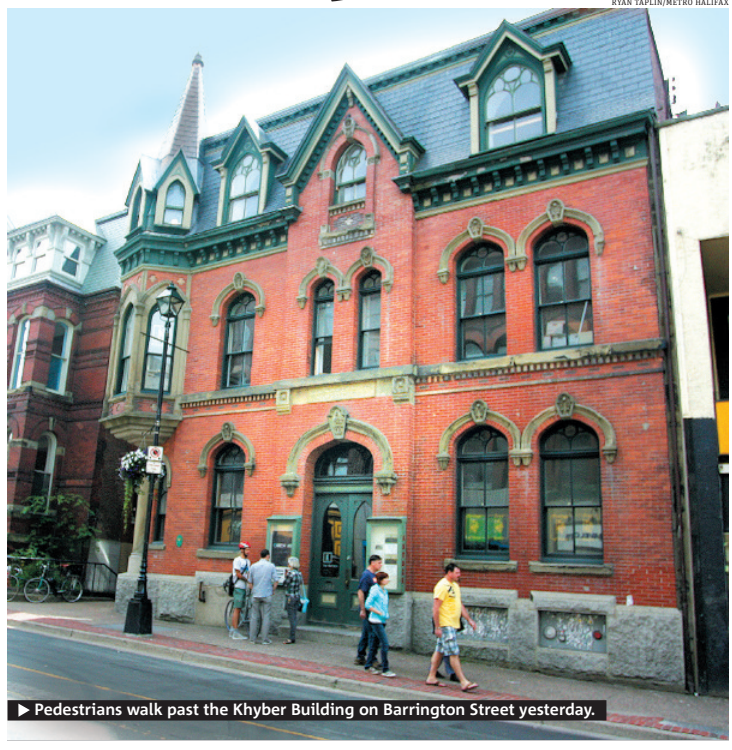
The building, which sits at 1588 Barrington St., requires up to $1 million in repairs, the majority of which is needed for an elevator to meet the accessibility code, he said.

The report asks for a $50,000 short-term budget to make minor repairs and renovations.

The proposed operating budget for 2010-11 is about $132,000, the report said.

If approved by council, artists could begin creating in the Khyber Building mid-way into Year 1 of the strategy.

RYAN TAPLIN/METRO HALIFAX



▶ Pedestrians walk past the Khyber Building on Barrington Street yesterday.

Democratic success remembered

A plaque commemorating hundreds of years of democracy was unveiled in Halifax yesterday.

Memorial Tower, locally known as Dingle Tower, was built to commemorate the achievement of representative government in the colony of Nova Scotia and to celebrate Canada's relationship with the British Empire, a government release said.

Senator Stephen Greene, who made the announcement yesterday at Sir Sandford Fleming Park in Halifax, said the new plaque serves as a "lasting symbol of the birth of parliamentary democracy in Canada." METRO HALIFAX

1908 The year construction began on Memorial Tower which was completed four years later.

CONTRIBUTED PHOTO



▶ Halifax's Memorial Tower, better known as Dingle Tower.

News in brief

Emergency rooms closing

HEALTH. A doctor shortage is closing two emergency rooms today in facilities in the Cumberland Health Authority. In Pugwash, the North Cumberland Memorial Hospital's emergency room is closing for 36 hours starting at 8 a.m. The ER at South Cumberland Community Care Centre in Parrsboro is also shutting down at 8 a.m. for 11 hours. THE CANADIAN PRESS

Man faces drug charges

ARREST. A 42-year-old man faces drug charges after his vehicle was pulled over by police in North Sydney Saturday night. Police say they found cocaine and money in the car. THE CANADIAN PRESS

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TRURO DAILY NEWS



▶ Police look over the remains of a plane that crashed in Truro on Friday.

Crashed plane nearly missed homes: RCMP

Pilot, 60, treated for cuts on head 51-year-old passenger also taken to hospital but later released

A small plane that crashed into the backyard of a home in central Nova Scotia on Friday narrowly missed striking a row of homes, the RCMP says.

The two-seater plane, an American Champion Explorer headed to Ontario, came down around 7 a.m., shortly after taking off from a private airstrip near Truro.

Police say it was foggy at the time of the crash. Witnesses said they heard the plane's single engine sputtering before it plunged to the ground. "It came down in what I would call a block of houses in a subdivision," said RCMP Staff Sgt. Jay McInnis. "In the middle of this square is some alders, birch trees and shrubs ... The plane would have travelled over a row of houses and into the empty wooded area."

McInnis said the plane crashed about 70 metres from the closest homes.

"Things could have been much, much worse had the plane stayed aloft a little further," he said.

THE CANADIAN PRESS

Walked away

- When emergency crews arrived at the scene, only a few hundred metres from the airstrip, the pilot and his lone passenger had already walked away from the wreckage.

N.S. lags other provinces on mercury reduction

Even before pushing back a key mercury emissions target, Nova Scotia was lagging behind other provinces on cutting its output of the toxic chemical, a recent report reveals.

The report from the Nova Scotia Environment Department shows the province, which accounts for eight per cent of Canada's mercury output, has not made significant reductions since agreeing to Canada-wide standards.

Last year, the province's four coal-fired power plants emitted 140 kilograms of mercury — more than double the original 2010 target that capped emissions at 65 kilograms — while achieving a marginal reduction from previous years.

In 2006, when the targets were set, Nova Scotia emitted 161 kilograms of the chemical.

CONTRIBUTED PHOTO



▶Sterling Belliveau

Environment Minister Sterling Belliveau said increased energy costs were one of the main reasons why reductions between 2006 and 2009 were so small. Belliveau also said the government would "ultimately get to the same goal," and has set a 35-kilogram cap for 2020.

But Mark Butler, policy director for the Ecology Action Centre, calls that a questionable approach.

THE CANADIAN PRESS

Progress

The other provinces that agreed to the standards are making progress on their goals.

- Ontario surpassed its 2010 goal, which capped emissions at 360 kilograms, two years ago.
- Officials from Alberta, Saskatchewan and New Brunswick all confirmed they are on track to meet their respective targets of 590, 430 and 25 kilograms this year.
- Manitoba, the smallest emitter at just 20 kilograms annually, did not face any reductions under the agreement.

Shoplifters get 30 months

Three Halifax area men who went on a shoplifting spree last month have each been sentenced to 30 months in prison. The men pleaded guilty to several charges in a Kentville court on Friday. Court heard they took more than $20,000 worth of goods from stores in the New Minas area. They were arrested when police stopped a speeding car near Sackville.

THE CANADIAN PRESS

Hantsport car crash kills one

One person has died in a car crash near Hantsport.

Nova Scotia RCMP say two occupants of a vehicle were ejected during a collision on Bishopville Road at about 8 p.m. on Friday.

One person thrown from the car was killed, while the other was taken to hospital. A third person was taken from the vehicle and was evacuated by air ambulance on Friday evening. THE CANADIAN PRESS

Guilty plea in child porn case

A 33-year-old Nova Scotia man has pleaded guilty to a child pornography charge. Police charged Joseph Harris Simpson of Mulgrave with possession of child pornography after the RCMP searched a home in June 2009.

Simpson had elected trial by jury before the Nova Scotia Supreme Court.

A sentencing hearing is scheduled for Oct. 6.

THE CANADIAN PRESS





Royalty. Watch



▶ Peter Phillips and his Montreal-born wife, Autumn, walk together while visiting the Castle of Mey, former summer home of Queen Elizabeth, the Queen Mother, at Scrabster, Scotland, yesterday.

ANDREW MILLIGAN/THE ASSOCIATED PRESS

A vacation fit for the Queen

Peter Phillips and his wife, Autumn, are expecting a baby, who will be 12th in line to the British throne. The couple had been aboard the yacht Hebridean Princess for a private family holiday with Queen Elizabeth II, sailing around the Western Isles of Scotland. Today, the pair live in Hong Kong, where Peter Phillips works for the Royal Bank of Scotland.

CSIS probes its interrogations

The Canadian Security Intelligence Service has ordered a review of its dealings with detainees in Afghanistan amid questions about its role in conducting interrogations, a memo obtained by The Canadian Press reveals.

The memo shows the service scrambled to brief Public Safety Minister Vic Toews after The Canadian Press requested comment for a forthcoming story that revealed CSIS had worked alongside the military to question captured Taliban fighters.

Wesley Wark, an intelligence specialist at the University of Toronto, said the agency may be engaged in a "damage control exercise" or it is looking to learn something from its involvement in the interrogations.

How CSIS conducts Afghan operations has never been discussed publicly.

It's been suggested officers at one time worked alongside the American CIA and in close co-operation with Canada's secretive, elite JTF-2 commandos from a secluded base in Kandahar known as Graceland.

THE CANADIAN PRESS

Accountability

- A group of parliamentarians has received clearance to review highly classified government documents on the affair. A panel of jurists will decide on publication of these records after considering the security implications.
- It is widely believed that a high-profile dispute over MPs' access to the records prompted the government to prematurely end the parliamentary session earlier this year.

Heat and drought lead to devastation in Russia

MIKHAIL METZEL/THE ASSOCIATED PRESS



▶ A man stands in the courtyard of his house after it was destroyed by a fire in the village of Shuberskoe, Russia.

The death toll from wildfires raging across central and western Russia rose to 40 yesterday, as millions of Muscovites coughed through a haze of smoke from burning peat bogs and firefighters scrambled to put out hundreds of new blazes.

The fires come after weeks of searing heat and practically no rain.

Although temperatures in the Moscow area dipped modestly over the weekend, experts predict they'll climb back to around 38 C this week.

Still, firefighters yesterday reported making some headway against the blazes that have destroyed hundreds of homes, burned through vast sections of tinder-dry land and forced thousands to evacuate.

Vladimir Stepanov, head of Russia's Emergencies Ministry's crisis centre, said about 500 new wildfires were sparked nationwide in the past 24 hours.

THE ASSOCIATED PRESS

Remains salvaged

- About 1,500 homes have been wiped out by fires.
- The Health Ministry said 40 people have died in the fires, 19 of them in the Nizhny Novgorod region 400 kilometres east of Moscow.
- President Dmitry Medvedev declared a state of emergency in seven of the regions, including the area that surrounds but does not include Moscow.
- Prime Minister Vladimir Putin warned that local officials who don't respond adequately to the fires are in danger of losing their jobs.
- Emergencies Minister Sergei Shoigu urged Russians vacationing in rural areas to be especially vigilant about disposing of flammable materials.



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Gulf oil spill imperils Ontario pelican

About 118 species of migratory birds in Canada fly to the Gulf region for the winter

A beloved Ontario bird that bounced back from endangered status may be flying to its demise when it heads south this fall — straight into the path of the BP oil spill in the Gulf of Mexico. For centuries the American white pelican has flocked to Ontario's shores to breed. But expert Joe Nocera said they could starve down south as oil on their plumage reduces their ability to capture fish. Even if they find food, they could eat fish that were affected and become contaminated, he said. THE CANADIAN PRESS

ScanLife
Scan code for more on the spill.

Status

Once considered at risk of extinction in Ontario, the pelicans' status was improved to "threatened" this year when scientists found new and smaller colonies sprouting up in and around Lake Superior.

- **How many** At last count, about 12,600 mature pelicans spend their summers in Ontario, with the largest colonies in Lake of the Woods and Lake Nipigon, said Joe Nocera with the Ontario Ministry of Natural Resources.
- **Tourism** The birds are a major attraction for tourists, who come from as far away as Great Britain to see them, said Shawn Sas, who runs HooknBullet Lake Tours in Kenora, Ont.

HANDOUT/THE CANADIAN PRESS



▶ White pelicans are shown in Lake of the Woods in this file photo. The Ontario birds that bounced back from endangered status will be flying straight into the path of the massive BP oil spill in the Gulf of Mexico this fall.

Inaction blamed in flood recovery process

Relief efforts in Pakistan's flood-ravaged northwest picked up pace yesterday, but survivors complained about government inaction — a worrying sign for authorities seeking public support for the fight against militants in the region.

Around 300 people blocked a major road in the hard-hit Nowshera district to protest at receiving little or no aid, witnesses said. Other survivors returned to devastated villages, wading through waist-high water to salvage chairs, plates and other possessions — a wall clock, a battered fridge — from beneath mud and debris.

"We have nothing, we are just depending on the mercy of God. Nothing left except this wet wheat," said Marjan Khan, sorting through piles of the grain laid out on wooden beds.

Scores of bridges, roads and buildings have been washed away by the torrents, which were triggered by exceptionally heavy monsoon rains. The floods are the worst in a generation, and weather forecasters say more rains are due to fall in south and central Pakistan.

The death toll was at least 1,200 yesterday, with up to two million survivors requiring assistance. The northwest is the epicentre of Pakistan's battle against al-Qaida THE ASSOCIATED PRESS

NAVEED ALI/THE ASSOCIATED PRESS



▶ Flood survivors walk over a makeshift suspension bridge built by the Pakistan army after heavy floods washed away the iron bridge in the Swat Valley of Pakistan.

Swat Valley

The Swat Valley, which has yet to recover from a Pakistani army offensive against the insurgents just over a year ago, is one of the areas worst affected.

- **Help** The Pakistani army, which has the helicopters, boats and infrastructure needed for relief work, is delivering food, medicine and tents.

Probe ordered after veiled women fly

Transport Minister John Baird has ordered an investigation into whether airlines are enforcing rules that require staff to see the faces of passengers boarding flights.

He said in a statement that there are procedures in place to verify the identity of anyone who has their face covered, adding the approach is consistent with international standards, regardless of culture or religion.

A recent YouTube video appears to show two women in Montreal boarding a flight without being required to uncover their faces for security procedures. THE CANADIAN PRESS

Iraq war nears end: Obama

U.S. President Barack Obama declared yesterday that the Iraq war was nearing an end "as promised and on schedule," touting what he called a success of his administration, though it comes amid instability. THE ASSOCIATED PRESS

CHARLES DHARAPAK/THE ASSOCIATED PRESS



▶ U.S. President Barack Obama boards Air Force One at Andrews Air Force Base, Md.

Translator policy raises hackles

Ottawa's promised fast-track immigration policy for Afghan translators has left many interpreters stuck in the starting blocks and fearing for their lives.

Citizenship and Immigration Minister Jason Kenney announced the program to assist Afghans who face "extraordinary personal risk" because of their support to Canada's mission in Kandahar.

However, a number of interpreters in the Kandahar area have applied with the full blessing of their superiors and have still been rejected. THE CANADIAN PRESS

Today crucial for future of RIM

Company hopes for 'iPhone killer'
Launch coincides with UAE restrictions on BlackBerry

Research In Motion is set to launch a new BlackBerry today that's expected to take on Apple's iPhone — a key event the company likely doesn't want overshadowed by restrictions on its devices in the United Arab Emirates.

In New York, the BlackBerry maker is expected to unveil a new touchscreen smartphone with a pull-out keyboard and a new operating system to make Internet surfing faster. The phones will run on U.S. carrier AT&T's network.

Wunderlich Securities Inc. analyst Matt Robison said RIM needs to introduce a strong product, or the UAE's recently announced restrictions on email, texting and web browsing will carry more weight.

THE CANADIAN PRESS

UAE ban

The UAE plans to ban email, messaging and web browsing on BlackBerrys.

- **Visitors too** The ban will take effect Oct. 11 and will apply to visitors to the UAE as well.
- **Censors** UAE is among countries that censor websites and other forms of media.

Economy. Wealth



▶ Even high-end stores like Saks Fifth Avenue are feeling the pinch.

PAUL SAKUMA/THE ASSOCIATED PRESS

Rich are getting poorer

Economists say consumer spending has slowed mainly because the richest five per cent of Americans — those earning more than $207,000 — have cut back. They account for about 14 per cent of overall U.S. spending.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

DOLLAR	Natural gas	OIL	TSX
No trading	1,000 cu ft $4.701 US - 22.2¢ Gold $1,160.40 US +$2.40	+ $2.39 US $81.34 US	Markets closed

Airline now charges for carry-on

$30 Sprit Airlines' charge for any carry-on bag that's too big to fit under the seat.

Spirit Airlines says it is gaining ground in the fight against flight delays with its controversial move to charge for carry-on bags that was in place for the first time Sunday.

Since airlines started charging for checked luggage, more flyers have brought carry-on bags on board. Spirit's new fee — the first in the industry — is aimed at discouraging passengers from stuffing the overhead bins because it often takes extra time to get bags settled and gate check those that won't fit onboard.

THE ASSOCIATED PRESS

Use any charger for cellphones in Europe

The European Union will soon bid a fond farewell to a hassle that spares few cellphone users: A dead battery and no suitable power charger.

Starting next year, cellphones in Europe will have a one-size-fits-all charger. It will also let owners easily borrow someone else's charger when the juice is gone.

"How cool is that?" asked EU spokesman Dennis Abbot on Friday.

THE ASSOCIATED PRESS

Interchangeable

The uniform charger means new phones will no longer comes with chargers, and there will be less electronic waste.



DATING IN THE DARK: DOS AND DON'TS

She says ...

JESSICA NAPIER



We relationship folk spend a lot of time living vicariously through our single friends.

Sometimes I find myself getting a bit jealous when I hear about those exciting first dates filled with nervous butterflies and romantic optimism. However, more often than not, I end up listening to hilarious tales of bad dates gone awry and thank God those days are behind me for now.

The worst stories are always from the girls who begrudgingly go on blind dates set up by friends, co-workers and, in one case, a well-meaning stranger on a plane.

I have never been on a blind date. Either everyone is under the impression I have no trouble finding my own dates or no one wants to subject someone they care about to an evening with me. Either way, I'm not an expert on the subject.

That being said, I have heard a lot of horror stories. And in the interest of saving my single friends from more matchmaking disasters I thought I'd share a few dos and don'ts for all of the prospective blind daters out there.

"The worst stories are always from the girls who begrudgingly go on blind dates set up by friends, co-workers and, in one case, a well-meaning stranger on a plane."

DO avoid venues that involve finger food

Now I like a pound of honey garlic wings as much as the next girl, but I also know that I tend to resemble a caveman while ravenously gnawing on a saucy drumstick. A romantic date this is not fellas.

DON'T cyberstalk your date

True blind dating doesn't really exist in the age of Internet, but that doesn't mean you need to go overboard with your background check. A simple Google search is acceptable but quoting her latest Twitter updates and talking about how much you enjoyed her Facebook photo album of a 2005 trip to France is a little over-the-top.

DO dress like you care

Have you invited her out to a swanky martini bar and shown up in Birkenstocks and a ratty fleece? Congratulations, you'll be spending your next afternoon hike alone wondering why she never called you back.

DON'T conjure up a cute nickname

If you are one of those people who insist on giving your partner an adorable over-the-top name this is not the time to invent it.

DO have an open mind

Because, ultimately, what's the worst that can happen? Chances are you're going to spend an evening with Mr. or Miss Not Quite Right and end up with a funny story to tell your friends.

Cartoon

MICHAEL DE ADDER



Private versus public

Letters & Tweets

Re: Health care: Stop fearing private sector (July 30)

TORONTO. In a bid to convince us of the advantages of the private sector in health care, David Descôteaux wrote that we should embrace a model where universal coverage is ensured by the state, but where the supply of service, like operating a hospital, is open to the private sector. He made the point that in Denmark you will be sent, fully covered, to a private hospital if waiting time for an operation is longer than one month. But he didn't mention that in Denmark, 44 per cent of the work force pays 70 per cent of its income in taxes. He also made the point that in France 40 per cent of hospitals are privately owned and for profit, but it's fair to say that even though per capita spending on health care was very similar between France and Canada in the past, the last decade has seen a greater growth in health-care spending in France than in Canada.

Since the column was inspired by a 15-hour wait in the ER, I assume the real subject was the standard of living. I just wonder, was that column an attempt by a pro free-market fiscal conservative to tell me that a higher standard of living requires higher taxes? Or did I miss the point?

JOHNNY DIB

Standard of care



What's your favourite karaoke song? Why?

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Metro Minute with track and field

Don't blink, or you might miss them. Some of the fastest people in Canada are taking to the track tonight for the 17th annual Aileen Meagher International Track Classic at Huskies Stadium. Action gets underway at 6:30 p.m.

One of the runners featured is local favourite and Olympian sprinter Adrienne Power of East Jeddore. Power is the defending champion in both the women's 100 metre and 200 metre for this event. She's also fresh off her second consecutive win at nationals in the 200m. The track classic also includes 800m specialist Geoff Harris, as well as other runners from across Canada and around the world.

METRO HALIFAX

METRO HALIFAX



▶ The Aileen Meagher International Track Classic will be held tonight at Huskies Stadium.

Arcade Fire book a trip to The Suburbs

- Montreal indie band reach back to childhood for inspiration on long-awaited new album
- Maintain control of sound in an era when albums are routinely leaked on the Internet

Over the summer, Arcade Fire treated fans to a series of hastily organized gigs that allowed the band to refine its new set of songs and fuel an ever-elevating level of hype for its long-awaited third disc, The Suburbs.

But the semi-surprise gigs had an unintended effect on the band.

"We did those shows and then I already couldn't listen to the record anymore," multi-instrumentalist Will Butler told The Canadian Press over the telephone from Montreal.

"Because it was: 'Oh, this is totally foreign to what is happening live.'"

Fortunately for Butler and co., it's unlikely many fans felt the same way, since the band was able to do what they usually manage to do — maintain control.

GETTY IMAGES



▶ Brothers Will (left) and Win Butler of Arcade Fire perform at The Festival d'Ete de Quebec. Their new album is out today.

The sound of The Suburbs had been a well-kept secret in an era during which new albums leak like faucets in nightclub washrooms. The album did, eventually, circulate illegally on the Internet but it took unusually long.

Rumours about the record were dribbled out slowly by Arcade Fire, leaving fans — and the likes of indie outlet Pitchfork — trying to parse supposed hidden messages on the band's website. As the band played its series of intimate shows, fans began to post grainy concert clips online, which were eagerly dissected by others who impatiently awaited the album's release.

The band wanted to make a big deal about The Suburbs and knew fans would play into the tease, Butler said.

"For us, it felt like a long time between these two records," he said.

"The album doesn't matter as much to a lot of bands, which I think is fine, I think that's kind of how the world is turning.

The band began work in earnest on The Suburb in May 2009. Many of its 16 tracks are imbued with an immediacy that was once foreign for the band. For instance, first single Ready to Start and the art-punk roar of Month of May are more straightforward than anything the band has previously recorded.

The band stretches its legs elsewhere, from the rollicking piano gallop of The Suburbs, to the woozy shoegaze of Empty Room, to the giddy Blondie stomp of Sprawl II (Mountains Beyond Mountains).

In that evolution toward a more compact sound, the band risked sacrificing the all-out catharses achieved again and again on the 2004 debut, Funeral. Fans revel in those exhilarating moments during which layers of instrumentation coalesce with Win Butler's sky-reaching vocals and the insistent chant of the rest of the band, creating something almost too grandiose for a rock club.

"Some of the songs on this record, it's a little more sparse," Butler acknowledged. "But I think that's also just the variety thing that we wanted to get down. We wanted to have some thick songs and some thin songs."

THE CANADIAN PRESS

"We were just looking for a variety, definitely, of tone and of sound. That's partly why some of it sounds lighter."
WILL BUTLER

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Emotional homecoming for Drake

Drake wasn't kidding when he said he was going give his hometown fans a show to remember.

Canada's hottest hip-hop export imported rap's biggest stars — Eminem and Jay-Z — for his inaugural OVO Festival in Toronto Sunday night.

If the Grammy nominations and million-selling debut album hadn't made it clear, the unbilled guest appearances, which came near the end of Drake's 90-minute set — and had been considered far-fetched rumours — cemented the Toronto native as a reigning member of the genre's elite.

It's been a quick ascent for the emcee who made his first Amphitheatre performance on Lil Wayne's tour last August.

And this show, his Canadian tour finale, was an emotional outing for the 23-year-old entertainer, whose primary residence remains Toronto.

It's a testament to his stature locally that tickets for the concert — nearly 10 times the size of his last solo show at Sound Academy May 2009 — sold out quickly, and the capacity crowd giving him a hero's welcome.

He performed the highlights from his current disc, Thank Me Later, along with tunes from the mixtape So Far Gone, which brought him to the fore. With laser lighting, pyrotechnics and the backing of a killer five-piece band, including DJ, Drake bounced around on his toes like a boxer and varied his delivery from urgent to subdued.

TORSTAR NEWS SERVICE

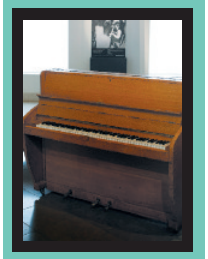
"I'm finally in the town that I was birthed in. Just show me a good time." DRAKE

RICK MADONIK/TORSTAR NEWS SERVICE



▶ Drake

News in brief



These ivories have history.

A British auction house is offering up a piano from London's Abbey Road Studios that's featured on tracks by the Beatles and Pink Floyd. Auctioneer Bonhams said yesterday that the battered Challen upright, scarred by coffee stains and cigarette burns, is expected to fetch and $243,000.

The piano resided at Abbey Road's Studio Three between 1964 and the 1980s, and was used on tracks including The Beatles' Tomorrow Never Knows and Paperback Writer.

THE ASSOCIATED PRESS

SCANLIFE

Uncle Phil is pushing for a Fresh Prince movie

TOP 5 ALBUMS OF THE YEAR SO FAR


▶ Yeasayer

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA



With just a few weeks away until music industry revs up for the fall, and we're seven months into the year, now's a good time to look back at some of the great records you may have missed — or can't stop listening to — in 2010.

Here are my top 5 records of the year so far:

Black Keys — Brothers

I get a lot of records, most I listen to a few times and put aside. But not the Black Keys' new album — it's worn out my stereo. From the heavy, opening bass beats of Everlasting Love to the throwback R&B sounds in the soulful The Only One, this isn't just one of the best records of the year, it could be one of the more memorable discs of the decade.

Wintersleep — New Inheritors

I wasn't a fan of Wintersleep's Welcome to the Night Sky. It was too meandering and uneven. But their latest release is a different story. There are still plenty of epic moments, but they found the perfect balance between infectious indie rock and soaring pop. Black Camera is a standout — it's single guitar and low-key drums intro gives way to loud blasts of rapid beats and a fist-pumping chorus.

Yeasayer — Odd Blood

This disc came out early in the year, but it's still one of my favourites. The band's sophomore disc is full of stunning electro pop, layered in thick instrumentation and complex harmonies. It's not only thought-provoking record, but it's a fun to sing with — Ambling Alp is easily one of the best songs from any band this year.

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DVD Releases this week

Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Assault on the senses

Kick-Ass
Genre: Action **Director:** Matthew Vaughn
Stars: Aaron Johnson, Christoper Mintz-Plasse
●●●●



Kick-Ass is an assault on the senses, with bullets firing, blades slashing and bodies thudding, bleeding and burning at every turn. The violence is most graphically seen and felt in the turbulence of Chloë Grace Moretz, just 11 when she made this, who plays a sociopathic pre-teen vigilante aptly named Hit Girl.

The film by Matthew Vaughn (Layer Cake) succeeds as violent fantasy about our perilous and fretful times, where regular citizens feel compelled to take action against a social order rotting from within. Aaron Johnson, soon to be seen as John Lennon in Nowhere Boy, illuminates and entertains as the naive citizen vigilante of the title.

Kick-Ass has more to say than other movies of its ilk, although it's a very cynical message — the implications of Hit Girl alone could keep a platoon of psychiatrists and sociologists talking for days.

The film is post-modern surgery into the superhero myth, driving a scalpel into the warped logic of misanthropic killers who masquerade as civic do-gooders. ● PETER HOWELL

The Ghost Writer
Genre: Thriller
Director: Roman Polanski
Stars: Ewan McGregor, Pierce Brosnan, Kim Cattrall
●●●

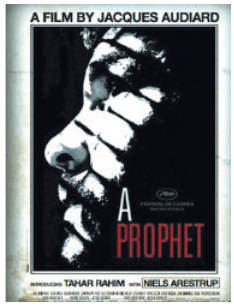


Roman Polanski is in total command of his medium, something that hasn't been a sure thing since the 1970s, The Pianist notwithstanding.

He builds a film where revealed truth and rising dread are carefully brought together, bit by bit. Pierce Brosnan plays Adam Lang, a former British prime minister, very much like Tony Blair, who has exiled himself to the beach isolation and high security of an unnamed American coastal island.

Lang feels the need to set the record straight by means of an autobiography, having sullied his reputation with too much involvement in Middle Eastern politics and too much trust in the U.S. president. But getting the word out is proving to be a dangerous occupation: his first ghost writer is found dead — suicide is assumed — and the ghost's replacement, nicely underplayed by Ewan McGregor, is no sooner on the job when he's mugged on a London street. This is a movie to savour like a good book. ● PETER HOWELL

A Phophet
Genre: Drama **Director:** Jacques Audiard
Stars: Tahar Rahim, Niels Arestrup
●●●½



Anyone who believes in the corrective potential of prison life is guaranteed to be plunged into despair by this latest film by genre master Jacques Audiard.

Corruption is as thick as the grime that covers the seedy French prison where much of the brisk story unfolds. The place is so rife with collusion, with guards allowing favoured criminals free reign, it's almost as comical as an old Hogan's Heroes episode — except nobody's laughing.

Relative newcomer Tahar Rahim wrings empathy for a brutal character out his lead role of Malik, a young prisoner who quickly susses the alliances and double-crosses needed to survive behind bars. He makes us admire his determination, if nothing else.

A Prophet hardly needs the non-ironic musical underlining that Mack the Knife provides so directly: "Oh, the shark, babe, has such teeth, dear / And it shows them pearly white ..."

Yet the tune has the mood exactly right. This is a movie that jumps up and grabs you by the throat. ● PETER HOWELL

Hannah Georgas — This is Good

Hannah Georgas was robbed of a Polaris Music Prize nomination. The Vancouver songstress is one of those rare singers that you just know will be big — it's a shame she's not up for the prize. This debut is a gritty indie rock disc that recalls old Liz Phair and Emily Haines. Her sweet melodies are shrouded in an aggressive edge — listen to the fantastic Lovesick and you'll see what I mean.


▶ Hannah Georgas

Wavves — King of the Beach

I just reviewed this disc last week, but it's already found a permanent place on my iPhone. If you haven't noticed, I'm a big fan of big pop hooks and this disc has plenty of them. Its frenetic grunge rock, aggressive blasts of fuzzy guitars, layers of noise and Cobain-like melodies should have been the next step from Nirvana. Too bad we got Creed instead of these guys.


▶ The Black Keys

News in brief

Madonna directs movie

PEOPLE The Material Girl is illuminating the City of Light, where she's shooting her latest film, W.E. Dressed all in black and heavily accessorized in dark shades, a hat and a patterned scarf, Madonna directed Saturday's shoot in Paris' tony 6th district.
THE ASSOCIATED PRESS

Batman goes to auction

BOOKS A longtime Alaska comic book buff is selling one of the gems in his vast collection, a rare copy of Batman No. 1 published 70 years ago. Mike Wheathas put the 1940 comic book on the auction block. It's expected to fetch more than $40,000.
THE ASSOCIATED PRESS

Supermodel on hold

COURTS The defence in the war-crimes trial of former Liberian president Charles Taylor is seeking to postpone testimony by fashion model Naomi Campbell. She is due in court Thursday. But Taylor's lawyer says the prosecution has failed to disclose exactly what she is expected to say, preventing him from preparing his cross examination.
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Tony Robbins helps make a Breakthrough on new show

The first thing to know about Tony Robbins' new NBC series is that, in his opinion, it isn't a series.

Instead, he sees Breakthrough With Tony Robbins as six weekly specials (the second airing today). After that he's done, at least for the foreseeable future.

"I couldn't possibly, with the schedule I have, go do a series," says the high-rev inspirational speaker who fills arenas around the world and sells books and tapes by the millions.

Now his TV series, er, specials are just another part of his outreach — short-term but, he hopes, with lasting impact.

"I did what I wanted to accomplish," says Robbins, an imposing 6-foot-7, as he stretches his legs seemingly into the next county from the chair in which he's seated for a recent interview. "I told some really interesting stories of how people can turn themselves around in situations that seemed impossible." And can do it, in each case, in just 30 days.

On last week's premiere of Breakthrough, Robbins helped spark Frank and Kristen, whose joyous wedding reception a few years ago had ended with the grimmest of tragedies: Frank leaped into the swimming pool and broke his neck, which left him paralyzed. A plunge into skydiving by each partner, then Frank's initiation into murderball (a sort of wheelchair rugby), helped turned them both around. They were obliged to recognize new options for their lives. Robbins calls it "rewriting their story."

JEFF CHRISTENSEN/THE ASSOCIATED PRESS


▶ Tony Robbins

On this week's show, a less dramatic but all-too-relatable crisis afflicts Ron and Marie, a middle-class couple with three kids who are facing joblessness, near-bankruptcy and a marriage fracturing under the stress.

"It's the first time in American history where people believe that their quality of life and the quality of life of their kids is going to be worse in the future than it was in the past."
TONY ROBBINS

One of Robbins' techniques: Deposit the couple on skid row and let them rub elbows with people whose plight is even worse than their own.
THE ASSOCIATED PRESS

Inception outclasses Dinner at the box office

Inception is still kicking at the box office.

The mind-bending Warner Bros. thriller starring Leonardo DiCaprio remained the No. 1 movie for the third-straight weekend with $27.5 million, bringing its total to $193.3 million, according to studio estimates.

Inception edged out the weekend's new releases: Dinner for Schmucks, Cats & Dogs: The Revenge of Kitty Galore and Charlie St. Cloud.

"Inception has seeped into the cultural zeitgeist," said Paul Dergarabedian, box-office analyst for Hollywood.com. "It's something that everyone is talking about right now. When a movie is able to do that and something just clicks, it becomes a ... discussion, and it's seemingly impervious to any of the newcomers."

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to Hollywood.com.

1. Inception, $27.5 million.
2. Dinner for Schmucks, $23.3 million.
3. Salt, $19.2 million.
4. Despicable Me, $15.5 million.
5. Cats & Dogs: The Revenge of Kitty Galore, $12.5 million.
6. Charlie St. Cloud, $12.1 million.
7. Toy Story 3, $5 million.
8. Grown Ups, $4.5 million.
9. The Sorcerer's Apprentice, $4.3 million.
10. The Twilight Saga: Eclipse, $3.9 million.

THE ASSOCIATED PRESS

Talking points

Actress feeds her Love habit

POP QUIZ: WHAT DO YOU GET WHEN YOU CROSS A NEEDY TV STAR WITH AN OPPORTUNISTIC ACTOR? Jennifer Love Hewitt has apparently moved on after her split earlier this year from her Ghost Whisperer co-star Jamie Kennedy, as sources say she's happily dating 27-year-old actor/director Alex Beh, according to Us Weekly. "She's so into him," a source says. "It's relatively new. But they're really cute together. They were holding hands the whole night" on a recent evening out.

Rodman fine after car wreck

SLAM, DUNK. Basketball veteran Dennis Rodman was involved in a terrifying car wreck over the weekend when a tire blew out on the SUV he was traveling in, causing the vehicle to flip over three times, according to TMZ. Rodman, who wasn't driving, managed to walk away from the accident sustaining only a scratch on his finger. The driver was taken to a local hospital to be treated for head wounds.


The SUV crashed into what's left of his career

METRO WORLD NEWS

Next stop on the Lohan bus: Rehab

Actress heads straight to the UCLA Medical Center for a 90-day program after her release from jail

AP PHOTO


Lindsay Lohan

Lindsay Lohan has been released from jail, but she's not exactly a free woman.

The actress was discharged early yesterday after serving 14 days for violating her probation in a 2007 drug case, Los Angeles sheriff's spokesman Steve Whitmore said. She is now required to immediately begin a three-month stint in rehab, he added.

A prosecutor has said that Lohan cannot be released early and will have to spend the entire time in treatment.

Due to overcrowding in California jails, inmates such as Lohan who are serving time for nonviolent offences and have no criminal records typically have their stays reduced for good behaviour.

Lohan, 24, was released to a waiting vehicle and did not walk out the front doorway, avoiding a throng of photographers.

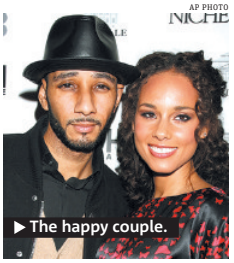
Lohan's attorney, Shawn Chapman Holley, did not immediately return an email seeking comment.

Lohan pleaded guilty in August 2007 to two misdemeanour counts of being under the influence of cocaine; no contest to two counts of driving with a blood-alcohol level above 0.08 per cent and one count of reckless driving. She was sentenced to three years of probation.

THE ASSOCIATED PRESS



AP PHOTO


The happy couple.

Alicia Keys weds producer beau in surprise ceremony

NO ONE ... WENT Alicia Keys and Swizz Beatz tied the knot in a private ceremony on the French island of Corsica, according to People magazine. The wedding was officiated by Deepak Chopra. Keys and her new husband, who have been together since 2008, are expecting their first child later this year. "Whatever we're blessed with, that baby is being born to blessed parents," the groom recently told the magazine.

METRO WORLD NEWS

Dawson tries the whole marriage thing again

BUT THIS TIME HE REALLY MEANS IT! BEFORE HE WAS ONLY KIDDING ABOUT THE 'REST OF MY LIFE' STUFF Just a week after finalizing his divorce from Heather McComb, James Van Der Beek wed his pregnant girlfriend, Kimberly Brook, in a private ceremony over the weekend. "Best day of my life so far. The woman I love did me the honor of (becoming) my wife today," Van Der Beek posted to his Twitter account. "I look forward to earning her for the rest of my life."

METRO WORLD NEWS

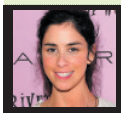




Celebrity tweets



Matthew Perry [@langford-perry] Just landed in las Vegas....which I'm told is spanish for the Vegas.



Sarah Silverman [@SarahKSilverman] I'm unable to explain what I mean by this but Leonardo DiCaprio has a tuna face.

What water does well



The human body is made up of between 55 and 75 per cent water and constantly needs to be replenished if the body is to function at its best, says celebrity fitness trainer James Duigan. On average, people should aim to drink two litres daily in order to replace natural fluid loss, such as through sweating and breathing.

- Water helps to flush out the by products of fat breakdown. This process is essential for people trying to lose weight as water dilutes the waste products, allowing them to be removed form the body more rapidly.
- Dehydration (a consequence of not drinking enough water) means that your body does not have sufficient water to carry on with bodily functions as normal, leading to some unpleasant feelings. Symptoms include fatigue, headaches, dizziness, thirst and muscle spasms.
- Water can act as an effective appetite suppressant. A common mistake is confusing hunger pangs for thirst. Drinking a glass of water when the feeling first manifests itself will help you realize which one it is you are feeling.
- Be careful when choosing liquids. Tea and coffee are both powerful diuretics, excessive consumption will cause you to lose a lot of water.
- Water is calorie-free, so you can drink as much as you like.

ROMINA MCGUINNESS



▶ Pool-ates in a warm pool is a great and gentle workout.

Splash & stretch with Pool-ates

Pilates in the pool makes for a three-dimensional aquatic exercise with lower impact on joints and muscles Hop in and work it in the water



ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

By taking it to the water, Boo Pfeiffer added bounce and buoyancy to Joseph Pilates traditional moves. More accessible, yet just as challenging, Pool-ates is a three-dimensional aquatic exercise that promises to lean, strengthen and flex your body — just as long as you go with the flow.

"Pool-ates stays true to the work of Joseph Pilates," explains Pfeiffer. "The difference is that the lower impact on joints and muscles makes it more accessible."

Being in the water allows people with injuries, arthritis or whose weight prohibits them from carrying out certain moves, to participate.

"There may be less impact than on land, but in Pool-ates you have to resist the buoyancy, which is challenging."

BOO PFEIFFER

The principle of Pilates is based on precision, control, concentration and breathing and how all of these come together. The key thing is that, contrary to belief, Pool-ates does not involve you floating around in the water. The class is performed standing up, on the pool steps or the side railing. Only once you have reached advanced levels can you engage in horizontal moves.

"Being in the water, you have little or no control of what is going on, all your energy and strength goes into not falling. There may be less impact than on land, but in Pool-ates you have to resist the buoyancy, which is challenging," Pfeiffer says.

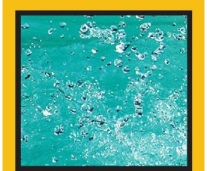
However, fighting buoyancy is a more gentle feeling than fighting gravity, making the exercise more relaxing as a whole.

"You get more of a mind-body high," explains Pfeiffer. "You are able to relax more and therefore focus and concentrate on the moves more easily."

Every single exercise during Pool-ates engages your core, stomach, back and waist muscles. If you don't hold it all together in an integrated fashion and keep the moves precise, then you will be thrown off balance and 'blown' away by the water. In a Pool-ates class the water temperature should be between 86 and 92 degrees Fahrenheit (30/33 degrees Celsius).

According to Pfeiffer, people have a higher range of motion in warmer water, as well as greater flexibility and stretch. Cold water will only shrink muscle.

3 life



Too much water can kill you

Water intoxication is rare but can happen when people drink water to the point at which the body is no longer able to control the excess fluid. Too much water can cause your brain to swell and as the organ is basically "boxed in" with nowhere to expand outwards. Eventually, the brain will be squeezed to the point where vital regulating functions will be affected.

ROMINA MCGUINNESS



Find out how to wade through all of the issues surrounding probiotics.



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‘Forest bathing’ aids well being

Your weekend camping trip can be doing more good for you than you ever realized Being around trees can result in many health benefits

FLICKR: *MICKY



Going for a walk in a forest can help reduce stress and lower blood pressure.

CELIA MILNE
WELLNESS@METRONEWS.CA

Want to maintain good health? Get out of the city and into a forest at least once a month. A growing body of research done in Japan shows that being in green spaces boosts our immune systems.

Being in the forest seems to have two benefits: one is obvious — stress reduction. And the other is perhaps less so: trees emit chemicals called phytoncides that benefit humans.

“The results of a vast amount of research shows that forest visits promote both physical and mental health by reducing stress.”
EEVA KARJALAINEN, FINNISH FOREST RESEARCH INSTITUTE

Japanese researchers conducted a study of 280 healthy people. The subjects were given a day off. Some went to the big city and others went to a forest area for what the Japanese call “forest bathing.” The forest bathers had lower pulses and lower blood pressure. Another study showed forest bathers experienced an increase in their natural killer cells, the cells that help fight cancer.

“Forest bathing trips may have a preventive effect on cancer generation and development,” reports Prof. Qing Li, president of the Japanese Society of Forest Medicine.

The positive health effects of a trip to the forest can last as long as a month.

Forest facts

- **Diabetics take note.** Walking in the forest can reduce glucose levels in people with diabetes, Japanese researcher suggests.
- **According to research,** a trip to the forest reduces levels of cortisol (the stress hormone) found in the saliva. A trip to the city did not reduce cortisol levels



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Study links ADHD to ‘Western’ diet

FLICKR: VIRTUALERN



Australian researches have found a link between eating habits and rates of ADHD in adolescents.

CELIA MILNE
WELLNESS@METRONEWS.CA

There may be a strong link between diet and the risk of ADHD in kids.

Researchers in Perth, Australia, recorded the eating patterns of 1,800 adolescents and then noted whether or not they developed attention deficit hyperactivity disorder (ADHD). The diets were divided into “healthy” or “Western” patterns.

Children whose diets were high in fresh fruit and vegetables, whole grains and fish were in the “healthy” group. Children who ate a lot of take-out food, sugar, salt, fried and processed foods were put into the “Western” group.

2-6%
Between 2 and 6 per cent of Canadian children and adolescents have attention deficit hyperactive disorder.

“We found a diet high in the Western pattern of foods was associated with more than double the risk of having an ADHD diagnosis compared with a diet low in the Western pattern …” said Wendy Oddy, leader of nutrition studies at the Telethon Institute for Child Health Research in Perth.

Perhaps the Western dietary pattern doesn’t provide enough essential micronutrients that are needed for brain function, particularly attention and concentration, or that a Western diet might contain more colours, flavours and additives that have been linked to ADHD, she said.

Dr. Oddy said it’s not clear whether a poor diet leads to ADHD or whether ADHD leads to poor dietary choices and cravings.

“We found a diet high in the Western pattern of foods was associated with more than double the risk of having an ADHD diagnosis compared with a diet low in the Western pattern.”
WENDY ODDY



A nutritious start to your day

A smoothie breakfast packs the fruit, calcium, fibre, complex carbohydrates, vitamins and minerals that can help everyone jumpstart a healthy day



▶ Peach smoothie.

Smoothies are a quick, easy and nutritious way to start your morning.

They are especially great for kids and picky, non-breakfast eaters.

When you are on the go each day, foods and nutrients you often lack in your diet are fruits, calcium, fibre, complex carbohydrates, vitamins and minerals. The answer in a glass is a smoothie, which can include all of these.

Most importantly, they contain antioxidants, which boost your immune system and may reduce the risk of heart disease and certain cancers.

Here are a couple of delicious and healthy smoothies. Experiment and make up your own. Keeping a variety of frozen fruits on hand is a great way to make these anytime of the year.

Peach smoothie

You can find frozen peaches all year round in the supermarket. You can always substitute another fruit of your choice such as plums, nectarines or mangoes.

Preparation:

1. Combine the milk, yogurt, banana, peaches, honey and vanilla in a blender and purée. Serve immediately.

Creamy cappuccino & banana smoothie

I'm a chocoholic and I have discovered that one per cent chocolate milk (made with cocoa) is the best treat I can have either for breakfast or a snack. Adding chocolate milk to this smoothie satisfies your chocolate cravings and makes it taste like a chocolate milkshake, but without the calories and fat.

Preparation:

1. Combine the milk, yogurt, banana, honey and cocoa powder in a blender, and purée. Serve immediately.

Peach smoothie

Ingredients:

- 1 cup low-fat milk
- 1/2 cup low-fat plain yogurt
- 1 small ripe banana, sliced
- 3 cups sliced fresh or frozen peaches
- 2 Tbsp honey
- 1 tsp vanilla extract

Creamy cappuccino & banana smoothie

Ingredients:

- 1 cup cold chocolate milk (1%)(or soy milk)
- 1 cup low-fat coffee-flavored yogurt
- 1 medium-size ripe banana, sliced
- 2 Tbsp honey
- 1 Tbsp cocoa powder

CONTRIBUTED BY



Rose Reisman is an author and nutritionist. For more info visit rosereisman.com.

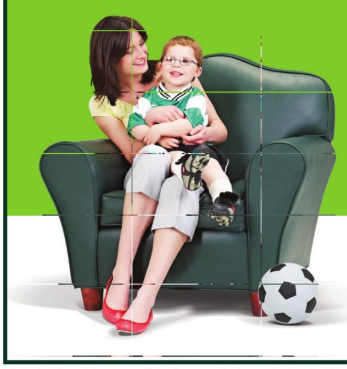

▶ Creamy cappuccino & banana smoothie.

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NAVIGATING LOW-POINTS IN RELATIONSHIPS

Smug Marrieds

KATE STEWART & BRET DAWSON
2FORCOUPLES.COM



Forget the gossip and don't sulk, the best way to fix any fight is to watch a sappy, romantic movie

Q: Why do couples gossip so much about each other? They're worse than singletons!

Kate says...
Gee, your friends must be way more interesting than our friends. Maybe it's time to have a baby!

Q: How do we navigate the down periods in our relationship without overreacting and saying 'Maybe we should just separate?'

Kate says...
Oh, for crying in the sink. How old are you people? Grow up first and then get married. A marriage is not a play date and it is no place for idle threats and sulking.

Bret says...
Here's a way to look at it. Suppose this down period is the worst down period ever and things will never, ever look up. If that's really how things are, then you should separate, because who wants to live like that? But if it should turn out that things might look up sometime soon, and if when things look up you generally feel like this relationship is fun and good and you barely even mind when your partner farts in the car, then you should wait for sometime soon. How about you spend five hours reading a book you like or playing Geometry Wars or shopping like you just got your tax refund — and when that's all over ask yourself if you feel like maybe separating might be tougher than plain old sitting down with your partner and having a good fight and then moving on quickly to make-up sex.


▶ Get over the gossip and just have a baby already.

Q: Why do women like watching sappy, romantic movies more than men?

Kate says...
We don't actually like sappy, romantic movies so much. It's just that renting one is a guaranteed way to get some alone time without picking a fight.

Bret says...
Speak for yourself, dear. Personally, I thought The Wedding Planner was just about the loveliest story ever told — because Jennifer Lopez was so busy with her career that she didn't have time for a relationship, but then Matthew McConaughey taught her about true love. Sometimes I get a little weepy thinking about it, but that's OK because men have feelings too.





STUART RAMSON/THE ASSOCIATED PRESS


▶ While women's apparel sales remain flat, the plus-sized niche is showing growth.

Retailers courting online fat-shonistas

In a midtown Manhattan showroom, fashion blogger Amelia Pontes picked up a pair of "jeggings" (jeans tight enough to be leggings) from a table filled with trendy jeans in boot cut, boyfriend and skinny styles.

"The tighter the better for me," Pontes explained to Liz Munoz, an executive from plus-size fashion retailer Torrid.

This cocktail party and jean "sampling" was thrown by Torrid for some of its best customers: young bloggers who proudly call themselves "fat-shonistas."

The event is part of the Young Fat and Fabulous Conference, a series of meet-and-greet events between 11 bloggers and retailers held in New York City in July.

Over the last two years, U.S. retailers have taken note and stores like Forever 21 added an extended sizes line, Faith 21.

Target added Pure Energy last year and American Rag debuted their plus-size collection this month.

According to the most recent figures from the NPD group, a market research firm, the $18-billion plus-size market is an area of growth.

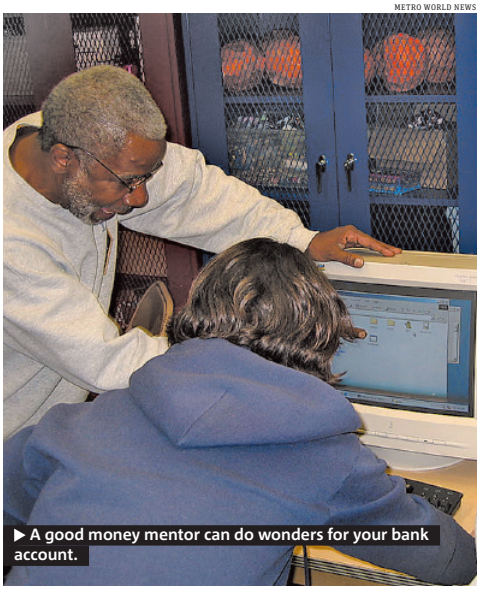
While sales in the overall women's apparel category remain flat, the plus size niche increased by two per cent between May 2009 and May 2010.

Many plus-size retailers now advertise on the most influential blogs, some of which garner hundreds of thousands of page views per month.

THE ASSOCIATED PRESS



METRO WORLD NEWS


▶ A good money mentor can do wonders for your bank account.

INVEST WISELY IN A MONEY MENTOR

Ninety per cent of young Canadians receive money advice from their parents. Second to that, they ask their friends. Along the way we glean nuggets of financial information from people we trust. These are our money mentors and, it pays to have good ones.

Currently, my savvy aunt, a Toronto-based multi-millionaire, mentors me toward developing habits and behaviours of self-made millionaires. Like many multi-millionaires, she doesn't necessarily look the part, driving fancy cars and living in a mansion. Rather, she saves money by making frugal choices like driving a 2002 Toyota Highlander and traveling in economy class. According to her, not living how rich people should live has made her rich. Her top piece of money advice: keep the money you worked so hard to earn.

Need a money mentor? Look for the following characteristics. First, they're rich! Second, they keep and maintain a meticulous budget. Third, good money mentors are savvy spenders. Fourth, they'll take time to teach you their secrets, how to make more money in your career, save more, and invest wisely.

They'll also make you stick to your goals.

Fixing the Canadian student loan crisis

- Small fixes can help reduce burden on government and lenders
- Keep students from defaulting on accumulated post-secondary debts

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Rites of summer. Sun, sand, festivals and student loans. If students are not filling out the often tortured forms they are probably looking forward to repaying that ball and chain debt.

While graduates are saddled with increasing debt, their ability to pay it off is decreasing. Jobs for graduates are harder than ever to find and employment income is lower, relatively speaking, than 20 years ago.

The loan system is particularly harsh for rural and small town students whose costs to attend college or university are much higher than city kids with a range of post-secondary options.

Here's my modest proposal for fixing the student loan crisis.

• Students with no post-secondary institution within a reasonable commute receive a grant to level the playing field with those who are able to live at home and attend school. If they don't graduate the grant must be paid back.

• Outstanding student loans are reduced by 10 per cent upon graduation.

• Loan (both provincial and federal) interest rates to be capped at 2 per cent above prime.

• Every year grads stay current with payments a further 10 per cent is knocked off the principal still owed.

• In bankruptcy, student loans to be treated like any other debt. Currently loans cannot be discharged for 10 years after the last class or semester the student takes.



▶ Defaulting on loans hurts everybody involved.



Straight facts

Students are falling deeper into debt to pay for post-secondary education. Here are the stats:

- **$26,680**
 2009 average debt load for university students who borrow
- **$13,600**
 2009 average debt for college students who borrow
- **40 per cent**
 Number of university grads who default or fall behind on student loans
- **52 per cent**
 Number of college grads who default or fall behind on student loans

Interest rates/ Savings accounts

BANK	RATE
BMO	1.10%
CIBC	0.70%
HSBC	0.15%
ING	1.30%
PCF	1.0%
RBC	1.0%
SCOTIA	1.15%
TD	1.10%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Yes, this would reduce interest rate revenue for banks and the government and cost a bit in terms of grants.

However, financially healthier students will pay more tax and buy more stuff. And fewer delinquencies and defaults will reduce the burden on government and lenders.



*Trade-mark of The Toronto-Dominion Bank. [1] Conditions apply. See us for details. Offer available May 25 to August 6, 2010 but may be changed, extended or withdrawn at any time without notice.

4 sports

Alberta dominates MacPass Miles



PHILIP CROUCHER
@METRONEWS.CA

Alberta runners stole the show in the elite races at Sunday's MacPass Miles on the Macdonald Bridge.

Kip Kangogo of Lethbridge, Alta., won on the men's side, while Jen Kemp of Edmonton was first for the women.

Kangogo, originally from Kenya and a late addition to the race, finished in a time of 4:06, just edging out New Brunswick's Adam Kellar, who runs at the University of Windsor.

Kemp won in a time of 4:47, five seconds faster than 2009 winner Jess O'Connell of the University of West Virginia.

Each elite race had only six competitors — fewer than what was originally scheduled for.

One of the runners who didn't compete was Halifax's Geoff Harris, who was battling a slight hamstring injury suffered from nationals late last week.

Event director Grant Walker said Harris's coach wanted him to rest up for tonight's Aileen Meagher International Track Classic at Huskies Stadium.

Overall, between 700 and 750 runners took part, a record amount for the event's 16th edition.

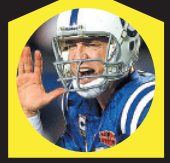
RALPH SAULNIER /FOR METRO HALIFAX



▶ Kip Kangogo crosses the finish line first at Sunday's MacPass Miles.

Up and down

Peyton Manning
The Colts' owner reiterated yesterday that he intends to make Manning the NFL's highest-paid player even if it takes the prohibitive franchise tag to do it.





Albert Haynesworth
The two-time All-Pro defensive tackle tried to take the Redskins' conditioning test again yesterday morning, but he pulled up after three back-and-forth sprints because he felt some irritation in his left knee.

Scan code for more sports

Is the Moose's Frk saga finally over?

- Agent says European forward will report to training camp in Halifax
- Expects to have release finalized

It looks like the Halifax Mooseheads will see their highly touted European pick skating at training camp.

Martin Frk's agent, Allan Walsh, has revealed the talented forward will be heading to Halifax for training camp.

Via his Twitter account, @walsha, Walsh said on Sunday afternoon the 16-year-old left-winger has "arrived in Montreal to participate in our Octagon summer training camp and will be heading to Halifax" on Aug. 15.

In a later Tweet, Walsh said "his release (from Czech club Karlovy Vary) is not yet finalized," but "we expect to have it soon."

The Mooseheads drafted Frk third overall in the Canadian Hockey League import draft.

15

The number of days before the Halifax Mooseheads open training camp for the 2010-11 season on Aug. 18.

Pegged as a potential first-round choice in the 2012 NHL draft, Frk had 28 goals and 27 assists for 56 points, along with 184 penalty minutes, in 39 games at the Czech under-20 level last season.

Mooseheads general manager Cam Russell said his scouts refer to Frk as a "Cam Neely type" — a power forward who can score and play with a mean streak.

METRO HALIFAX

KARLOVY VARY HC



▶ Martin Frk is expected to be at Halifax Mooseheads training camp later this month, according to his agent.

Power repeats with 200m win

For the second straight year, Adrienne Power is Canada's fastest woman in the 200m.

The Olympian and East Jeddore sprinter posted a time of 23.47 to win the women's 200m final on Friday night at the Canadian track and field championships at Varsity Centre in Toronto.

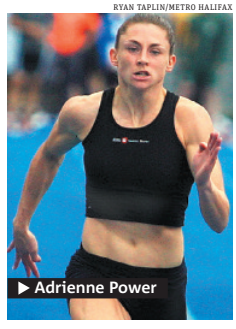
Power also raced in the 100m on Saturday at nationals and placed third with a time of 11.60.

METRO HALIFAX

Aileen Meagher

▶ Local track fans can see Power in action tonight as she is scheduled to compete in both the 100m and 200m events at the 17th annual Aileen Meagher International Track Classic at Huskies Stadium.

RYAN TAPLIN/METRO HALIFAX



▶ Adrienne Power

Sports in brief

Habs sign Picard

NHL. The Montreal Canadiens signed former Halifax Mooseheads defenceman Alexandre Picard to a one-year, two-way deal Saturday.



The 25-year-old scored four goals and added 11 assists in 54 games with Ottawa and Carolina last season.

Picard was drafted 85th overall in 2003 by Philadelphia.

THE CANADIAN PRESS

Smith takes flag

CARQUEST. The Oval Outlaw made it to victory lane over the weekend. Timberlea's Wayne Smith took the checkered flag at Saturday's Lucas Oil 100 at Oyster Bed Speedway in P.E.I.

METRO HALIFAX

JIM MCISAAC/GETTY IMAGES



▶ Edwin Encarnacion tags out New York's Lance Berkman last night.

Double trouble as Yankees lose

- Blue Jays' six doubles in an inning ties record
- Rodriguez still stuck at home run No. 599

8	6	
BLUE JAYS	YANKEES	

Travis Snider hit two of an AL record-tying six doubles in a seven-run fifth inning and the Toronto Blue Jays prolonged Alex Rodriguez's search for his 600th homer in a 8-6 victory over the New York Yankees last night.

Snider began the barrage of doubles with a leadoff hit against A.J. Burnett and finished it with a drive off Sergio Mitre. In between, Fred Lewis, Jose Bautista, Vernon Wells and Aaron Hill all doubled off Burnett (9-9).

The power surge matched the Washington Senators, who had six doubles against the Boston Red Sox in the eighth inning on June 9, 1934, and the Texas Rangers on July 31, 2002, against the Yankees.

The Yankees rallied from an 8-2 deficit but fell into a tie for first place in the AL East with Tampa Bay, which beat the Minnesota Twins 4-2. New York dropped two of three games this weekend against the Rays. The Yankees had been alone in first since June 20.

Rodriguez returned to the comforts of Yankee Stadium after a homerless, seven-game road trip, but 600 still looms after an 0-for-5 night. A-Rod is 9-for-43 in 11 games since hitting No. 599 on July 22 against Kansas City.

Brandon Morrow (8-6) won his third straight start despite allowing five runs and seven hits in another poor start on the road.

THE ASSOCIATED PRESS

WHITE SOX

Guillen's criticism disputed

The Chicago White Sox backed away from their manager yesterday, publicly disagreeing with Ozzie Guillen's assertion that Asian players are given privileges in the United States that Latinos are not afforded.

In his latest rant, the outspoken Guillen also said Sunday he's the "only one" in baseball teaching young players from Latin America to stay away from performance-enhancing drugs and that Major League Baseball doesn't care about that.

In yesterday's statement, the White Sox acknowledged Guillen's background and his right to his opinion, but said they believe his views are incorrect.

Speaking before Chicago's 4-1 victory over Oakland on Sunday, Guillen said it's unfair that Japanese players are assigned translators when they come to the U.S. to play pro ball, but Latinos are not. THE ASSOCIATED PRESS

Deal for dishing on Lance?

Lance Armstrong's lawyers say the U.S. Anti-Doping Agency is offering cyclists a "sweetheart deal" if they testify or provide evidence that the seven-time Tour de France winner cheated by doping.

If those riders have been caught doping, the deal from USADA could result in a reduced ban from competition and other incentives, lawyer Tim Herman said.

THE ASSOCIATED PRESS

Turco in, Niemi out

RONALD MARTINEZ/GETTY IMAGES



▶ Marty Turco has signed with Chicago.

For Marty Turco, the bottom line is to play for a contender.

By agreeing to a one-year deal with the Chicago Blackhawks yesterday, the veteran goaltender made that clear.

Turco, who will replace Stanley Cup hero Antti Niemi as the Blackhawks' top goalie, could have earned more money and gotten a longer contract elsewhere, according to his agent, Kurt Overhardt. The deal is believed to be worth $1.3 million US.

"We spoke to four different teams and turned down different opportunities and amounts," Overhardt said. "He turned down teams with higher considerations and longer terms.

"Marty's priority was joining as team that could win a Stanley Cup, and he chose Chicago."

Blackhawks general manager Stan Bowman said the team expects "immediate" contributions from the 34-year-old Turco, who has played his entire NHL career with Dallas. The three-time all-star never advanced past the conference final in six playoff appearances with the Stars.

8

Niemi is the eighth player to leave the Blackhawks since the team won its first Stanley Cup in 49 years, joining Andrew Ladd, Ben Eager, Dustin Byfuglien, Brent Sopel, Adam Burish, Colin Fraser and Kris Versteeg.

"Part of the reason for going (to Chicago) is now you're on a team that has a chance to win every night and won a Stanley Cup last season," Turco said.

The 26-year-old Niemi helped the Blackhawks win the Stanley Cup last season after earning $826,875 as a rookie. He was awarded a $2.75 million salary for 2010-11 by an arbitrator last week, putting the Blackhawks in a tough spot.

Bowman declined to say whether the team could have squeezed Niemi's award under the salary cap, set at $59.4 million next season.

"The salary cap has been talked about too much," Bowman said.

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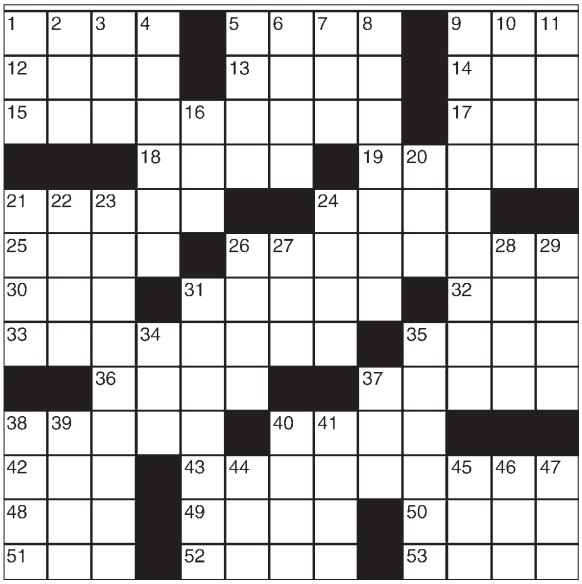
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Crossword



Across

1 Beer ingredient
5 Stage award
9 Edge
12 Entreaty
13 Mentor
14 Lawyers' org.
15 Typical fast-food entree
17 Performed
18 Tramcar loads
19 Get up
21 — Rouge, LA
24 On the briny
25 Flubs
26 $10 portrait
30 Afternoon social
31 Old photo coloration
32 Roman trio
33 Rodents often kept as pets
35 Typeface
36 Rind
37 Quirks
38 Minty beverage
40 Tom Joad, e.g.
42 Gorilla
43 Wood nymph
48 Neither partner
49 Paradise
50 Mrs. Dithers, in "Blondie"
51 Type units
52 Zilch
53 TV trophy

Down

1 Speedometer abbr.
2 — carte
3 Moon vehicle, for short
4 Forbidden acts
5 Shrek, e.g.
6 Insects
7 Rage
8 The Urals divide it
9 Geiger counter's trigger
10 Wading bird
11 Put together
16 Coffee vessel
20 Kin (Abbr.)
21 "Little Women" woman
22 Geometry calculation
23 Wine-vat workers
24 Writer Kingsley
26 Shoe part
27 Spring mo.
28 Hog call
29 Little lice
31 King of horror
34 Witness
35 Savage
37 Tease
38 Tarzan's mate
39 "Once — a time, ..."
40 Portent
41 Welles portrayal
44 Commotion
45 — Kippur
46 Branch
47 Rotation duration

▶ Yesterday's answer

P	T	A		C	A	S	H		I	N	O	N		
E	A	U		A	R	E	A		N	O	G	O		
A	U	G	U	R	I	E	S		S	A	R	I		
		M	R	E	D			E	T	H	E	R		
E	L	E	G	Y		O	G	L	E					
G	O	N	E		T	R	E	S	P	A	S	S		
A	P	T		C	R	A	N	E		U	T	E		
D	E	S	O	L	A	T	E		A	G	E	E		
			D	O	P	E		S	L	U	M	P		
S	P	R	I	G			A	I	D	S				
O	L	I	O		A	U	G	R	A	T	I	N		
M	E	N	U		T	R	E	E		U	K	E		
A	D	D	S		E	N	D	S		S	E	W		

Sudoku

2					1	7	8	
	9			3		1	2	
4			2					3
				4			5	8
		7				6		
9	8			5				
1					8			6
	7	2		1			9	
	4	5	9					2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	1	6	9	5	8	7	2	4
9	7	4	3	6	2	5	8	1
5	8	2	1	4	7	9	6	3
7	9	3	2	8	4	1	5	6
1	4	8	5	3	6	2	7	9
2	6	5	7	9	1	4	3	8
8	2	7	6	1	9	3	4	5
4	3	9	8	7	5	6	1	2
6	5	1	4	2	3	8	9	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my wee Nerdling, thank you so much for such a wonderful life together, the depth of which I'll never fully grasp but always appreciate. You are the ecstasy of the human spirit, the meaning of beauty itself. Thank you, Erin, for all that you are. I love you! **STEVE**

A.K. throughout the entire time we have known each other I have fallen madly in love, the way you smile and laugh fill my world with joy and happiness, even though we will go through hard times, at the end of the road, I will be there for you. **J.B.C.**

Xiao Bai Cai: You are the most special girl in my life, and I'm looking forward to spending the rest of my life with you. **LOVE, ZHU**

I love you so much Garrett!! **AMANDA**

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Today Variable 25°/15°
Wednesday Thundershowers 70% 23°/18°
Thursday Showers 40% 26°/17°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19 You will do something special, maybe even spectacular today. With Jupiter in your birth sign linked strongly to Pluto you will go out of your way to be different.

♉ Taurus April 20-May 21 There are so many good causes out there that could benefit from your physical and mental input, so why are you not more involved? However, steer clear of issues that are in any way political.

♊ Gemini May 22-June 21 You always act fast in a crisis but your speed of response will surprise everyone today. If someone you live or work with is in trouble you will go out of your way to help them.

♋ Cancer June 22-July 22 Many things are changing and you must change with them. The only way you will maintain your current position, especially on the work front, is by finding new ways to be more productive.

♌ Leo July 23-Aug.23 You may have good reasons for wanting to keep the truth from someone but the planets won't let you. Today's Jupiter-Pluto link means they will find out one way or the other.

♍ Virgo Aug. 24- Sept. 22 You may find it hard to stay in control of your emotions today. Sometimes it is good just to let it all out, especially if you have been storing up negative feelings. Have a good shout!

♎ Libra Sept. 23-Oct. 23 Something rather shocking is likely to happen today and with hindsight you will realize that you should have seen it coming. But don't blame yourself too much.

♏ Scorpio Oct. 24-Nov. 22 Decide what needs to be done, then do it. That is the message of the stars for you today and being the kind of person who believes in action rather than talk it's a message you will respond to. It's deeds that count.

♐ Sagittarius Nov. 23-Dec. 21 The Sun in Aries makes most things possible, but even go-getting Sags have their limits and today's Jupiter-Pluto aspect suggests things will be hard, but it's no big deal.

♑ Capricorn Dec. 22-Jan. 20 A loved one will surprise you today by some of the things they say and do. Being such a controlled individual yourself their display of emotion might faze you a bit but it will be over soon.

♒ Aquarius Jan. 21-Feb. 18 Ignore those who say that your ideas won't succeed and follow your dream in whatever direction it might lead you. In the Aquarius vocabulary there is no such word as "cannot."

♓ Pisces Feb. 19-March 20 You could hit the jackpot today. There are no guarantees but the planets indicate that if you have done your homework you might make a fortune.

SALLY BROMPTON

DON'T MISS 'STORM HUNTERS'
Tune in July 29 - August 1
The Weather Network

Caption contest

SEBASTIAN WILLNOW/THE ASSOCIATED PRESS



"Would it be too much to ask for a booster seat?" GERI LYNN STEVENS

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS



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AIR CANADA VACATIONS



Deals of the week

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Puerto Plata via Toronto

Bahia Principe San Juan • 4★
All-Inclusive • Standard rm.
Aug. 6–20 • 1 wk.
$699
+Taxes & other fees
(including service charges): $326

Samana via Toronto

Gran Bahia Principe El Portillo • 4 1/2★
PRIVILEGES
All-Inclusive • Standard rm.
Aug. 8–22 • 1 wk.
$799
+Taxes & other fees
(including service charges): $326

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Aug. 17–26, 28, 29 & 31 • 1 wk.
$1099
+Taxes & other fees
(including service charges): $293
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
PRIVILEGES
All-Inclusive
Junior suite
Aug. 17–26, 28, 29 & 31 • 1 wk.
$1149
+Taxes & other fees
(including service charges): $293
Please add $50 for Sat. & Sun. departures

MEXICO

Cancun/Riviera Maya via Toronto

Gran Bahia Principe Coba • 5★
All-Inclusive • Junior suite
Sept. 12 • 1 wk.
$709
+Taxes & other fees
(including service charges): $303

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
Sept. 12 • 1 wk.
$739
+Taxes & other fees
(including service charges): $303

Puerto Vallarta/ Riviera Nayarit via Toronto

Dreams Villamagna Nuevo Vallarta • 4 1/2★
PRIVILEGES
Unlimited-Luxury®
Junior suite tropical view with Jacuzzi
Aug. 21 & 28 • 1 wk.
$799
+Taxes & other fees
(including service charges): $288

BAHAMAS

Great Exuma via Toronto

Grande Isle Resort & Spa • 4★
Continental breakfast
One-bedroom villa garden view
Sept. 5–26 • 1 wk.
$1299
+Taxes & other fees
(including service charges): $205

CUBA

Varadero via Toronto

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Aug. 14–23 • 1 wk.
$749
+Taxes & other fees
(including service charges): $242
Please add $50 for Sat. & Sun. departures

Santa Clara via Toronto

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Aug. 14–21 • 1 wk.
$849
+Taxes & other fees
(including service charges): $242

TURKS & CAICOS via Toronto

The Alexandra • 3 1/2★
Garden view deluxe studio
Aug. 14 & 15 • 1 wk.
$1229
+Taxes & other fees
(including service charges): $267

SAINT LUCIA via Toronto

Bay Garden Inn • 2 1/2★
Standard rm.
Aug. 14 & 15 • 1 wk.
$1329
+Taxes & other fees
(including service charges): $238

USA

BOSTON

Holiday Inn Boston • 3★
Double guest rm.
Sept. 5–30 • 3 nts.
$499
+Taxes & other fees
(including service charges): $112

CRUISE

Carnival Cruise Lines[1]

Carnival Victory®
Southern Caribbean Cruise
Flights to San Juan via Toronto
Oceanview stateroom, cat. 6B
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$1249
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(including service charges): $287
FREE seat selection, transfers & gratuities

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HTD SEATS, 99,774 KMS
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HTD SEATS, 91,536 KMS
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HTD SEATS, 89,994 KMS
$17,995

2006 Tribeca H6


5123P
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$19,995

2005 Legacy Limited


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AC,PW,PL,TW,CC,AW,CD,
HTD SEATS
$9,995

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7160A
AC,PW,PL,TW,CC,AW,CD,
78,424 KMS
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$15,995

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37,000 KMS
$19,495

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11,944 KMS
$22,495

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SEATS,FOG LIGHTS, 78,931 KMS
$13,995

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79,687 KMS
$15,995

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9520P
AC,PW,PL,TW,CC,
49,068 KMS
$16,995

2008 Subaru Impreza Sport

1248P
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HTD SEATS, 56,000 KMS
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